



Kristi Molinaro is one of the leading trainers in New York City, for her ability to devise creative, effective fitness programs that deliver results for all body types and fitness levels, as well as for her approachable, motivating style of coaching. 30/60/90 is Kristi's unique version of high intensity interval training involving timed cardio and strength intervals for a full-body, fast-moving, fat-burning work-out.

If you've ever looked at the rows of fitness DVDs on the shelf and thought you didn't identify with the pumped up, muscle-head guy or size 2 over-caffeinated girl but you still yearned for a home work-out that was tough enough to be effective and would remain challenging as your fitness level improved, you are not alone. In fact, you're in luck!

30/60/90 is a revolutionary work-out utilizing timed strength and cardio drills in a high-intensity interval format designed to get you (and keep you) in the best shape of your life. No complicated choreography, no muscle head trainer...just results delivered via a tough female trainer with a strong, attainable body.

Make every second count...starting now!



NEWS



With one holiday down hitting the gym hard isn't a bad idea these days. Aside from not overdoing it at the buffet, Kristi Molinaro of Equinox Fitness Clubs seems to have a surefire solution to help ward off those extra pounds. Her "30/60/90" workout is designed to rev up metabolism and keep some of the extra calories at bay.

"30/60/90 is a unique version of high-intensity interval training which is also called 'HIIT,' and HIIT is actually one of the very few workouts that's been proven to elevate your metabolism for up to 36 hours after the workout," says Molinaro. "It's a good calorie burn and it's really great around the holidays. You're doing a bit more eating and drinking, so you can get a little pre-calorie burn before the meals."

Interval training comes in 30-, 60-, and 90-second spurts in a combined cardio strength workout to push the body to the limit. One theory about high-intensity interval training is that the stops and starts helps to rev up a person's metabolism.

"It's just a shock to the system. Actually breaking the body down a bit, pulling it so far out of homeostasis that the theory is the body has to play catch up to recover," says Molinaro.

Gilbert says those who overdo it on the candy dish should add a workout like Molinaro's to your holiday menu.

"The benefits of exercise is that if you increase your lean body mass, which is a positive thing, you can increase your metabolism. That also goes for your diet too," says Gilbert.



dense fog and sandwiches them in hot slabs of marble and jade stones, which are believed to help the body detox. Hot air is filtered through a basket of Asian herbs and ginseng root (smelling, not unpleasantly, like broccoli), while the temperature remains a perfectly unbearable 120 degrees at all times. And unlike the Russian competition, Spa Sol never runs out of towels. (Steam and sauna only, \$30; body scrub, \$50 to \$70; massages, \$90.)

Beauty Shop

SPACE NK

89 Greene St., nr. Prince St.
212-941-4200

It's a big claim, but the arrival of Britain-based Space NK here has shown what beauty retail can be (in other words, not Ricky's or Sephora). Space NK combines an in-depth knowledge of its product lines (many are plant-based and paraben-free) with elegant store design and thorough service. Founder Nicky Kinnaid vets every product her shops sell, choosing only those she finds both effective and healthful. She also selected and trained the staff (she interviewed 30 facialists before hiring Oni, who does the signature Eve Lom facials in spacious, quiet treatment rooms at the back of the shop). You won't be steered toward the most expensive lines, and sampling is generous. The aforementioned facials, while not cheap (\$175 for one hour), are heavenly, and Oni's own absurdly translucent skin is the best possible endorsement.

Squash Court

CITYVIEW RACQUET CLUB

43-34 32nd Pl., nr. Skillman Ave.,
Long Island City; 718-698-3664

More country club than sweaty gym, CityView Racquet Club is a new facility that steers clear of sporty clichés like multicolor walls and bright industrial lighting, and the space feels elegant in spite of its 80,000 square feet. The tennis courts, fitness center, spa, juice bar, and lounge are nice perks, but the real reason to join is to run around on the four squash courts, including one of the only hardball-doubles surfaces in town. Until recently, the best squash courts belonged to clubs with restricted membership. But CityView welcomes all, as long as you pay the \$900 initiation fee and \$2,000 yearly dues (those prices are just for squash access).

Fat-Burning Class

30/60/90 AT EQUINOX

Multiple locations;
equinoxfitness.com

Pilates, kickboxing, and pole dancing can tone, but the interval training in Kristi Molinaro's signature class will do it faster. Bursts of high-intensity exercise (like her squat thrusts off a step while holding a body bar) interspersed with active recovery (in other words, biceps curls while you catch your breath) are similar to the regimens created for profes-

sional athletes training for peak performance, according to NYU professor of physical therapy Dr. Marilyn Moffat. You may not be destined for Beijing 2008, but you'll be clearer-headed, with a better fat-burning and cardiovascular efficiency. Molinaro's goal is to push everyone against his or her own limits, so everyone, even the triathletes, are gasping at the end.

Shave and a Haircut

ESQUIRES OF WALL STREET

14 Wall St., nr. Nassau St.
212-349-3064

Whether you work in the canyons of power or are just tired of the in-and-out cheap barbershop, this classic delivers on atmosphere as well as the

THE
STEAL

Chinatown Facial

JOEAN BEAUTY CENTER

80 Lafayette St., nr. White St.; 212-227-5120

The \$35 Chinatown facial is one of the perpetual joys of Canal Street: It's thorough, less than a third the price of its day-spa counterpart, and **inflation-proof** (prices haven't risen in a decade), and if you buy ten, you'll typically get **two free**. On the downside: salons that smell like dumplings, play saccharine music, stick you in close quarters with nine women on cell phones, and use products from the dollar store. Not so at the Lafayette branch of **Joean Beauty Center**. At the back of an airy nail-and-hair salon, Joean's four rooms may be overwhelmingly pink, but they are **clean and peaceful**, with seldom more than two clients per room, and **Guinot products** are used. The centerpiece of the 90-minute basic facial (\$35; buy five, get one free) is a 25-minute facial massage, performed (on request) by manager-aesthetician Michelle Luo with astounding **vigor and precision**.

contributors

Secrets From This Issue

From beating workout slumps to updating your wardrobe for fall, here's what our experts are talking about this month.



From left, Ben Margherita, Bethenny Frankel, and Perry Hagopian

Ben Margherita

Health's Creative Director—who just gave the magazine its gorgeous new look—was on set in East Hampton, New York, with Bethenny Frankel and celebrity photographer Perry Hagopian for our cover shoot.

Is Bethenny the same put-it-out-there woman we know from *Bethenny Getting Married*? When you meet Bethenny, you feel like you've been friends for years. She's very down to earth and hysterically funny. She had the Lady Gaga song "Alejandro" stuck in her head and wondered aloud who he was and why Gaga was so darn obsessed with him, which cracked me up!

Has working at *Health* magazine made you healthier? It has definitely rubbed off on me. I'm forever thinking about whether or not I've eaten enough superfoods.

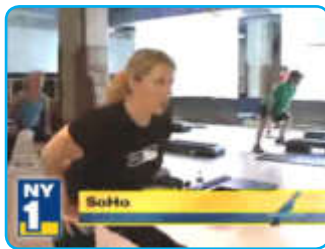
What's the healthiest thing about you?

I just bought a juicer, and I'm totally obsessed. I've tried juicing almost everything, but my specialty is a kale-spinach-carrot-ginger combo. I swear it tastes better than it sounds!

What's your favorite tone-up workout?

I love Kristi Molinaro's 30/60/90 workout at Equinox—it's crazy-hard and always puts me out of my comfort zone. And when I'm feeling really stressed at the office, I'll pick up one of the hula hoops we have lying around and give it a whirl. I have to say, my hula skills are quite impressive!

NY NEWS 1



Ever head to the gym to get the most out of your work-out, but keeping up makes you feel like you've got two left feet? NY1 Health & Fitness reporter Kafi Drexel has more on a workout that promises maximum benefits with simple moves that you can even maybe take home with you.

Just because it's called body-sculpting, it doesn't mean you need lots of fancy footwork, heavy weights and machinery. Trainer Kristi Molinaro of Equinox Fitness Clubs says even sticking to some of the most basic moves can still provide you with a pretty intense workout. "They are just very simple moves," says Molinaro. "They really are. They're old school, like gym class. A lot of people say it's a little more like gym class, you know, high knees, and jumping jacks, squat thrusts, you know, all the stuff you hate, but they work really well."

That's the idea behind her 30/60/90 workout. Moves are sequenced into 30, 60, and 90 second intervals of strength training and cardio to maximize the exercise routine.

"The most recent studies show that interval training is the most effective," says Molinaro. "So what you wanna do is you work really, really hard for a certain amount of time and then instead of resting, you actually do what's called 'active recovery,' so you pick up weights and while your heart rate is coming down, you're actually lifting weights."

"I like the variety and the combination between strength training and cardio, because it's so diverse in terms of routine. Kristi does a great job in pacing," says student Jules Hall.

It's a combo other students say has proven to be pretty effective for them too.

"It's actually specific. You see specific moves for specific sports, and it builds up your endurance, which is really key, especially as we get older," says student Larry Zimmer.

"I've lost 15 pounds in six months with her, and it's not just the weight I've lost, it's the way it's distributed on my body differently," says student Cindy Eng.

Molinaro and her students say one of the most practical things about the 30/60/90 workout is that it can be taken anywhere.

"You don't really need a lot of space, you don't need a lot of fancy equipment, which is another thing I love about it. You can pretty much do it with stuff you have around the house," says Eng.

"You could do it outside on the beach. I have a client that's going to her summer house and she's going to do pretty much what we do," says Molinaro. "She's bringing a medicine ball and she's going to do jumping jacks and push ups and dips. It's pretty simple once you get the moves."

— Kafi Drexel

The 2008 Drop a Jeans Size

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The 2008 Drop a Jeans Size Workout Plan

Like

Blast fat, firm up, and boost metabolism in one month with this workout plan. Challenge your body by combining strength and cardio exercises and you'll see the results in your sexy new physique.

Plan by trainer Kristi Molinaro, creator of the 30/30/30 workout at Equinox Fitness Clubs in New York City.

This plan is based on intervals – key to zapping more calories both during and after a session. "Challenging your body and then letting it recover helps you become more efficient at burning fat," says trainer Kristi Molinaro. You'll see the proof – we did – in your sleek new physique. Then shop for jeans – a size smaller!

This workout is based on combinations of cardio and strength exercises. Do each move for the given amount of time (30, 60, or 90 seconds), following the appropriate variation for your fitness level. If you can't do an exercise the entire time, jog or march in place. Go from one move to the next as quickly as possible (the strength moves will give you a chance to catch your breath). The entire workout takes about 40 minutes.

How often
Complete this routine three times a week, but not on back-to-back days; you need time to recover. Two or three days a week, do whatever form of cardio you love – walking, running, swimming, cycling – for about 45 minutes at an intensity that is sustainable but leaves you somewhat breathless.

Get the workout >>>
Get the diet >>>

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- Have any open cuts or sores on your body
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Prabal Gurung, Designer

JUST BACK FROM: Lake Champlain, VT.
SHOWS HE'LL GO TO: Carnita Steak, Victor Glemaud, Antonio Azuoli.
PARTIES HE'LL GO TO: Fashion's Night Out and my after party at Greenhouse.
WHAT HE'LL WEAR: A Sebastian Teller white T-shirt, Ciolek pants, an Eddie Borgo cuff and a arsite.
WHAT'S ON HIS FEET: Margiela or Pierre Hardy high-tops, or Jack Purzell Race-Artunks.
WHAT'S IN HIS BAG: I don't carry bags.
MODE OF TRANSPORTATION: My vintage Royal Scot bike.
A.M. FOR: 3050/90 class at Equinox, coffee, yogurt, organic bananas from The Bean and tons and tons of water.
P.M. FOR: Drinks with my 'sistas'.
MOST ANTICIPATED ENCOUNTER: The perfect investor.
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Prabal Gurung
Photo By: Harold Kim
 3 Images

START! More than 20 cities Approx. 6,000 miles FINISH! Thousands of pairs of shoes

MOST RECENT IN



tatler beauty

Elettra Rossellini Wiedemann Isabella Rossellini's daughter lets Olivia Falconeri in on her beauty secrets

My close-up



MY WAR PAINT

Lipstick Lancôme's Juicy Tubes in Candy. **Blush** Shu Uemura's Glow On in M23. **Mascara** Lancôme's Définitions in Black. **Nail colour** I love natural nails – Giorgio Armani's Fluid Shine in 25 is a lovely creamy shade. **Foundation** Color Ideal by Lancôme.



MY STATE OF MIND

Mood Relaxed.

Turnaround time Four minutes today – quicker than my boyfriend.

Best feature My legs.

Scent Subtly fragranced body cream such as Hemp Body Butter by the Body Shop.

Book Reading *Loita in Jennon* by Azar Nafisi.

Favourite iPod track Air's 'La Femme d'Argent'.

MY ENTOURAGE

Hairdresser Ted Gibson at his salon in New York.

Personal trainer Kristi Molinaro in NYC.

Dermatologist I used to see Dr Alvin Friedman-Kien to check my moles were safe.

Masseur I get my massages in a small spa in Greenwich Village called the Silk Day Spa.

Waxing In New York, the Spa at Equinox gym does the best waxes.

Beauty confidantes My top two fashion friends – stylist Nick Steele and Kristen North, who works closely with Chris Benz, an up-and-coming American designer. Both help me to push my look a bit further and encourage me to be a bit more imaginative.



Elettra, the new face of Lancôme

MY INSIDE SECRETS

Keeping fit An hour of exercise six times a week. I absolutely love exercise, whether it's the gym, pilates, ballet or a run in the park.

Hangover cure Ginger, lemon and cayenne tea.

Food vice Pasta.

Bath buddy Soy Milk & Honey Body Polish by Kiehl's.

Vitamin Biotin.

Skin saviour Lancôme's Soleil DNA Guard SPF50.



My mantra

- Less is more – and being chic is not in the logs.
- My favourite British thing is a long walk in the countryside wearing big wellington boots. I know it probably sounds ridiculous, but this is very novel for an American.
- I loved watching the sun come up when I was in Costa Rica, looking out over the Pacific.
- Getting frustrated is bad for your complexion, so I don't get frustrated – I just go for a run.
- I admire the looks of Christy Turlington and Linda Evangelista.
- One thing I would never do in the name of beauty is wax my eyebrows. A designer friend of mine told me I should do it because it would be 'fabulous' and I was, like, 'Dude, not even if you paid me.'

Penelope Cruz shares her

www.howcelebritiesloseweight.com/penelope-cruz-shares-her-weight-loss-and-exercise-secrets-with-us/



How Celebrities Lose Weight

You don't have to be a celebrity to look like one!

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Fat-Blasting Basics to burn fat and lose weight

What intervals are, exactly: Short bursts of more intense or faster exercise—whether you walk, swim, bike or jog—alternated with easier, slower recovery periods.

Why they're effective: "You get the big [calorie burn](#) from the intense intervals, and the recovery lets you catch your breath so you can go all out again while still keeping your heart rate up," says Pete McCall, an exercise physiologist with the American Council on Exercise. The result: Experts estimate that you'll burn about 20 to 25 percent more calories with interval training. Wow! That sounds like great weight loss advice!

What to know if you're just getting started: As with any [new exercise](#) routine, start slow. "If you're gasping for air before the hard intervals are over, make them shorter and build up," McCall says. Just be sure that each recovery period isn't so easy that your heart rate returns to normal.

How long your workouts should be: "Studies suggest that interval routines are best kept to 30 to 40 minutes," says Krist Molinaro, who created the 30/60/90 interval classes she teaches at Equinox, which are among the most raved about in New York City. Yes, a serious case of less is more!

Ready to start losing weight?

Use this 30-minute [interval workout](#) with any type of cardio you like. Do it two or three times a week.

For the first 10 minutes, alternate between 30 seconds of intense exercise and 60 seconds of moderate. The intense spurts should be a 7 or 8 on a difficulty scale of 1 to 10—with 1 being practically effortless and 10 being run-for-your-life tough. For the recovery minute, aim for an effort of 4 or 5.

For the next 10 minutes, alternate between 60 seconds of intense exercise and 60 seconds of [moderate exercise](#).

For the final 10 minutes, alternate between 90 seconds of intense exercise and 60 seconds at a moderate pace. **Wow!** Be sure to warm up and cool down before and after, and get ready to see results.

Some additional things to keep in mind to make it easier to lose those last 10-20 pounds!





Too Much Stress?

Get help at www.StressHelp.info



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JUST ONE FRICKIN DAY OF 30/60/90

Just One Frickin Day is an initiative created by Elettra Wiedemann and James Marshall to raise funds to build the first solar-powered hospital in Burundi, Africa.

30/60/90, voted "Best Fat Burning Class of 2008" by New York Magazine, is one of Equinox Fitness Clubs' most challenging workouts inspiring a cult-like following.

WHEN: Saturday, May 16th Classes at 2pm, 3pm, and 4pm

WHERE: Equinox SoHo, 69 Prince Street

WHAT: 3 back-to-back energizing workouts taught by Krist Molinaro, creator of 30/60/90. Proceeds from classes supply solar energy to the people of Africa.

HOW: Please donate \$30 for each class you would like to attend (\$90 for all 3). 100% of proceeds will go directly to install solar panels in a Burundi Hospital.

To reserve your spot, email Kevin.Verweide@equinoxfitness.com

The first 90 people to donate \$90 receive a complimentary Kulae Yoga mat.

For more information email Kevin.Verweide@equinoxfitness.com

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TESTIMONIALS



"I have been a devoted fan of Kristi Molinaro's 30/60/90 hit program since it's inception... With just three 45 minute workouts a week I developed incredible strength, endurance and agility." — Nicola Kraus



"Kristi's class is super challenging and FUN! I have been taking it for years and I'm never bored. I credit 30/60/90 100% for getting my body back after I had my baby." — Alysia Reiner



"Six years ago I had flesh-eating bacteria in my inner right arm, which resulted in removal of all muscles that operated my right hand. After 2 1/2 years of (13) surgeries I now have modified use of my hand. The past few years I have been lifting weights again, but nothing has had the impact on my physical shape as much as the 30/60/90 classes have. At 39 years of age these classes have gotten me in the best shape of my life. This I am grateful for. Thank you, Kristi." — Jamie Meyers



"Last December (2009) I had weight loss surgery. After my surgery I began to take 30/60/90 and my whole life changed..."

In every class I learn something new that my body CAN do that I would have never fathomed I would be able to do. Now 125 pounds down I know I am. Through 30/60/90 I finally learned that I can do anything if I just show up and try my best in the classroom and out. Kristi showed me that and reminds me every time I see her." — Melissa Carter



"I had never run a marathon so I needed to step up my endurance training and 30/60/90 was the perfect fit. The program can be tailored to help you achieve your specific exercise goals... They say that the marathon is all mental – 26.2 miles is a lot of thinking time. 30/60/90 motivated me to do the things that really challenged me (think squat thrusts) and it helped me cross the finish line." — Benny Roitman



"I was working out at least 4 days a week and just maintaining my weight. I started doing 30/60/90 with Kristi 3 times a week and sticking to her suggested meal plan. My body looks totally different — I lost 18 pounds and dropped 2 dress sizes in 3 months. I have more endurance than ever before and am able to pick up new activities without straining my body. It feels great!" — Carolyn Glass